

Week 11		Oct 22- Oct 29					
	Speed			Speed		State Meet	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Berry, Jack	5 miles	Speed - 5 miles	5 miles	Speed - 4 miles	3 miles	State Meet	Off Day
Boaz, Layton	5 miles	Speed - 5 miles	5 miles	Speed - 4 miles	3 miles	State Meet	Off Day
Borboa, Levi	4 miles	Speed - 4 miles	4 miles	Speed - 4 miles	3 miles	State Meet	Off Day
Diederich, Preston	4 miles	Speed - 4 miles	4 miles	Speed - 4 miles	3 miles	State Meet	Off Day
Fiala, Aidan	5 miles	Speed - 5 miles	5 miles	Speed - 4 miles	3 miles	State Meet	Off Day
Halvorson, Jaded	4 miles	Speed - 4 miles	4 miles	Speed - 4 miles	3 miles	State Meet	Off Day
Hoverson, Hunter	4 miles	Speed - 4 miles	4 miles	Speed - 4 miles	3 miles	State Meet	Off Day
Hulley, James	2 miles	Speed - 4 miles	2 miles	Speed - 4 miles	3 miles	State Meet	Off Day
Humble, Patrick - NXR	3 miles	Speed - 4 miles	3 miles	Speed - 4 miles	3 miles	State Meet	Off Day
Kleven, Joseph	4 miles	Speed - 4 miles	4 miles	Speed - 4 miles	3 miles	State Meet	Off Day
Martin, Grant	6 miles	Speed - 6 miles	6 miles	Speed - 5 miles	3 miles	State Meet	Off Day
McLaren, Derek	4 miles	Speed - 4 miles	4 miles	Speed - 4 miles	3 miles	State Meet	Off Day
Sailer, Kaden	4 miles	Speed - 4 miles	4 miles	Speed - 4 miles	3 miles	State Meet	Off Day
Salberg, Bradley	4 miles	Speed - 4 miles	4 miles	Speed - 4 miles	3 miles	State Meet	Off Day
Sande, Curtis	4 miles	Speed - 4 miles	4 miles	Speed - 4 miles	3 miles	State Meet	Off Day
Steele, Lincoln	4 miles	Speed - 4 miles	4 miles	Speed - 4 miles	3 miles	State Meet	Off Day